



Newsletter- February 2023

Ladies and Gentlemen

Is spring just around the corner or will the bad weather return just in time for the annual Club trip to Eastbourne at the end of the month? Speaking of which, it's still not too late to join the rest of us who are going. All you need to do is contact the Langham Hotel on 01323 731451 and reserve a room at their winter rate of £60. This includes an excellent three course evening meal and as much breakfast as you like.

February Club night

This coming Tuesday (the 7th) is our monthly club night at the West Worthing Tennis and Squash Club in Titnore Lane from 7.30pm onwards. Come along and talk bikes or whatever else that takes your fancy.

2023 AGM

A final reminder, that our AGM is being held at the aforementioned Tennis Club on Tuesday 21st February. Proceedings will commence at 8pm sharp so come along a little earlier to get a tea or coffee that we are providing or grab yourself a drink from the bar. You should have already received full details about this meeting but if you haven't please let me know and I can send you all the information.

Club kit

Our online shop to purchase kit from Kalas is currently open and will remain so over this coming weekend so if you want to purchase anything please go to;

<https://myshop.kalaswear.eu/WorthingExcelsior> and use the password we321

Once again if you encounter any problems or need some advice please let me know.

East Sussex Cycling Association

The ESCA, to whom we are affiliated, have recently announced a schedule of 9 Time Trials they are running this year, namely;

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|------------|-----|-------|----------|------|-------------|
| 12/03/2023 | Sun | 09:00 | GS/895 | ESCA | Hard Riders |
| 26/03/2023 | Sun | 08:00 | G10/87 | ESCA | 10 mile TT |
| 22/04/2023 | Sat | 07:00 | G10/87 | ESCA | 10 mile TT |
| 23/04/2023 | Sun | 07:00 | G25/89 | ESCA | 25 mile TT |
| 04/06/2023 | Sun | 06:00 | G50/90 | ESCA | 50 mile TT |
| 30/07/2023 | Sun | 06:00 | G100/861 | ESCA | 100 mile TT |
| 09/09/2023 | Sat | 07:00 | G10/87 | ESCA | 10 mile TT |
| 10/09/2023 | Sun | 07:00 | G25/89 | ESCA | 25 mile TT |
| 14/10/2023 | Sat | 10:00 | GH/84 | ESCA | Hill Climb |

Details of these events, including how to enter, can be found at <https://eastsussexca.org.uk>. You can also visit their Facebook page <https://www.facebook.com/groups/EastSussexCA>

ESCA are desperately seeking assistance from any member of the clubs that are affiliated to them to help out at these events. If you are able to spare any time please contact their 'Chair', Chris Parker on 07597 557432 or christopher.parker@trade.gov.uk

Finally, this year's ESCA 50 mile Reliability Trial is being held on Sunday 30th April, starting in Ardingly. There is an award (the Rally Shield) for the highest number of riders from an affiliated club that finish so if you fancy a challenge maybe a group can get together and enter? Entry is online via <https://www.riderhq.com/events/p/c2xqgz55/enter> and costs a mere £5.

Puncheur Cycloportive

And here's another event that may take your fancy? The Puncheur Cycloportive on Sunday 12th March starts and finishes in Ditchling and although it avoids a trip up the Beacon, it does feature more than 1200 metres of climbing over its 64 miles. Full details can be found at, <https://puncheur.co.uk>

Bike for sale

If you are interested in buying a Time Trial bike before the racing season starts, ex-WECC member Colin Barton is selling his. If you are interested, please contact Colin at colingbarton@gmail.com. Colin is open to offers on price, with the bike available to be viewed in Pulborough.

- Specialized S-Works Shiv TT, frame size 58. Year is 2014. I'd say that it would fit someone who is between 5'10" and 6'2" tall.

- USE Aero Carbon High Rise bar extensions, 320mm, 40 degree bend, with Wattshop carbon armrests.
- I also still have the original straight S-Works aero bars and armrests and all the original spacers to adjust the cockpit.
- SRAM Red 10 speed mechanical gears with RTC aero shifters.
- 55/42 SRAM TT chainrings.
- Zipp 808 NSW Carbon Clincher front wheel.
- Zipp Super-9 Carbon Clincher Disc rear wheel with Zipp wheel bag.
- Both wheels are year 2016 and are fitted with Specialized turbo cotton tyres. The wheels have had only 4 seasons (pre-COVID), of dry racing miles. Not used for training.
- Fizik Mystica TT saddle.
- Shimano Dura Ace carbon pedals.
- K-Edge Garmin TT computer mount.
- Elite Crono CX Aero Drinks Bottle & Cage.
- Rear aero light.

And that's it for another month except to say I hope to see you all at the AGM,

Regards,

Ian Thomas, secretary@worthingexcelsior.co.uk